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DATE:



**ARLINGTON ORTHOPEDIC
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LIFE IN FULL MOTION

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Dr. Lowry's Post-Op Instructions **UPPER EXTREMITY**

1. Do not remove your splint/dressings until I see you in clinic.
2. Keep your hand elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your fingers/hand/arm. Remember: you can't elevate your hand too much & gravity is your enemy.
3. Apply two properly sealed ice packs to your hand/arm for 72 hours after your surgery. Large zip lock bags or small plastic trash bags work the best. Place one under & the other on top of the area. The key is to not get your splint/dressings wet. If you do, please call our clinic immediately.
4. Keep your splint/cast covered with a plastic trash bag during showers. Again, do whatever it takes to not get your splint/dressings wet.
5. Make a follow-up appointment for 2 weeks after surgery or please come in earlier if you should have any questions or concerns.

If you have any other questions or concerns please call my clinic.

Sincerely,